



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXIII Issue X

COMMUNITY EDITION

October 2017

Cyberbullying



Children are increasingly using electronic technology, like cell phones, computers, social media sites, texting, and chat websites. With these new advances the playground for bullying has also expanded. Bullying through electronic means is referred to as "cyberbullying." Examples include sending mean text messages or emails, spreading rumors via email and social networking sites, sending embarrassing pictures or video, or creating fake online profiles to make fun of people.

24 hours a day 7 days a week, cyberbullying can reach a child. It happens even within the comfort of their own home, taking away their feelings of safety. Messages and images can be posted anonymously and distributed quickly to a wide audience. Deleting these inappropriate or harassing messages, texts, or pictures can be extremely difficult after they have been sent or posted.

Kids who are cyberbullied are more likely to:

- Use alcohol and drugs
- Skip school or be unwilling to attend school
- Experience in-person bullying
- Receive poor grades
- Have lower self-esteem
- Have more health problems



In 2015 it was estimated 15.5% of high school students and 24% of middle school students had been a victim of cyberbullying (CDC, 2015). 3 out of 4 teens know who is cyberbullying them (NCPC).

What Can You Do?

- *Be aware of your child's online and texting activities.
- *Install parental control filtering software.
- *Ask to "friend" or "follow" your child on their social media sites.
- *Ask for their passwords; tell them you'll only use them in case of emergency.
- *Encourage your child to tell you immediately if they or someone else they know is being cyberbullied.
- *Show your child how to safely use technology. Don't share anything that could hurt or embarrass themselves or others.
- *Tell kids to keep their passwords safe and not to share them with friends.

More information can be found at:

<https://ncpc.org/topics/cyberbullying> or www.stopbullying.gov/cyberbullying

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Nutrient Dense Foods

Achieving a healthy eating pattern means shifting typical food choices to more nutrient-dense options—that is, foods with important nutrients that aren't packed with extra calories or sodium.

What is nutrient dense food?

Nutrient-dense foods and beverages are naturally lean or low in solid fats and have little or no added solid fats, sugars, refined starches or sodium. Nutrient dense foods are those foods that found usually around the perimeter of the store. Foods like lean meat, produce, whole grains and low-fat dairy. For example, fresh or frozen peaches without added sugar is a nutrient dense food, where as canned peaches in heavy syrup are not. Whole baked chicken with herbs is nutrient dense, but fried chicken is not.

High-nutrient dense foods

- * Fruits/vegetables with no added sugar or salt
- * Fat-free milk
- * Pork chop

Low-nutrient dense foods

- * Chips
- * Ice cream
- * Bacon

By focusing on small shifts in what we eat and drink, eating healthy becomes reasonable.

US Dept of Health & Human Services and US Dept of Ag 2015-20 Dietary Guidelines for Americans. 8th Edition. Dec 2015

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).



WIC & Health Check Clinics

(Immunizations given at all these clinics)

Oct 5th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 10th—Boscobel United Methodist Church from 9:30am to 3:30pm

Oct 11th—Fennimore United Methodist Church from 9:00am to 3:30pm

Oct 17th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Oct 18th—Late Boscobel Tuffley Center from 2:00pm to 6:30pm

Oct 19th – Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Oct 24th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Oct 25th—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

Oct 26th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



Grant County Health Dept will be closed on Nov 10th and Nov 23rd for the holidays!

Seasonal Flu Shot Clinics Announced

The Grant County Health Department has scheduled its public seasonal flu shot clinics for the 2017-18 season. This year the quadrivalent vaccine includes both a H1N1 and a H3N2 strain as well as a B/Brisbane like strain and a B/Phuket like strain. A supply of high dose flu vaccine is available for those 65 years of age and older. Vaccination is recommended for all persons aged ≥6 months unless there is a medical reason why vaccination is not recommended.

Children under 9 years old receiving seasonal flu vaccine for the first time and those not completing a series in previous year may need a booster shot at least 28 days after the first shot to gain the highest level of protection. Grant County Health Department has free flu vaccine available at these clinics for children on Medical Assistance/Badger Care or for children with no insurance coverage for influenza immunizations. There is also a supply of vaccine available to others for a fee.

In addition to the posted schedule, seasonal flu vaccinations are now available at the Grant County Health Department located at 111 South Jefferson Street (2nd floor) in Lancaster from 8:30 a.m. -12:00 p.m. and from 1:00 p.m. - 4:00 p.m. Monday-Friday. Additional clinics will be announced later in the season including school based clinics beginning later in the fall.

*Influenza Vaccine - \$36.00 (quad)
\$65.00 (high dose)
Pneumonia 23 - Vaccine \$95.00
Pneumonia 13 - \$175.00*

Oct 10	Boscobel WIC – United Methodist Church-104 Buchanan	9:30am to 3:30pm
Oct 10	Fennimore Mealsite-Sunset Fields-925 Eisenhower	10:00am to 11:00am
Oct 11	Fennimore WIC – United Methodist Church-1540 2 nd	9:00am to 3:30pm
Oct 11	Cassville Mealsite – Municipal Bldg-100 W Amelia	11:00am to 12:00pm
Oct 16	Lancaster Mealsite – Sunrise Apts F -714 S Washington	11:00am to 12:00pm
Oct 17	Cuba City WIC – St Rose-Mazzuchelli Hall-519 W Roosevelt	9:30am to 3:30pm
Oct 18	Boscobel WIC (Late)-Tuffley Center-104 E Oak	2:00pm to 6:30pm
Oct 19	Platteville WIC – Lutheran Church of Peace-1345 N Water	9:00am to 3:30pm
Oct 23	Boscobel Mealsite-Tuffery Senior Center-104 E Oak	11:00am to 12:00pm
Oct 24	Lancaster WIC – Schreiner Memorial Library-113 W Elm	9:00am to 3:30pm
Oct 24	Platteville Mealsite – Senior Center – 55 S Court	10:30am to 11:30am
Oct 24	Bagley Mealsite-Firehouse/Community Bldg-400 S Jackley	11:00am to 12:00pm
Oct 25	Bloomington WIC – West Grant Rescue Squad-136 Mill	9:00am to 3:30pm
Oct 26	Platteville WIC- Lutheran Church of Peace-1345 N Water	9:00am to 3:30pm
Oct 27	Lancaster - Elderfest – Youth & Ag Building – 916 E Elm	9:00am to 12:30pm
Nov 1	Muscoda WIC (Late) – Kratochwill Bldg – 206 N Wisconsin	2:00pm to 6:30pm
Nov 2	Platteville WIC- Lutheran Church of Peace-1345 N Water	9:00am to 3:30pm
Nov 8	Fennimore WIC – United Methodist Church – 1540 2 nd	9:00am to 3:30pm
Nov 14	Boscobel WIC – United Methodist Church – 104 Buchanan	9:30am to 3:30pm
Nov 16	Platteville WIC (Late) Lutheran Church of Peace-1345 N Water	3:00pm to 6:30pm
Nov 21	Cuba City WIC-St Rose-Mazzuchelli Hall-519 W Roosevelt	9:30am to 3:30pm
Nov 28	Lancaster WIC- Schreiner Memorial Library-113 W Elm	9:00am to 3:30pm
Nov 30	Platteville WIC- Lutheran Church of Peace-1345 N Water	9:00am to 3:30pm

For further information, please contact the Grant County Health Department at (608) 723-6416 or visit www.co.grant.wi.gov.

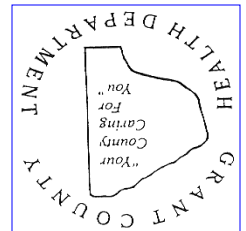
Keep your contacts clean and your eyes healthy

Enjoy your contact lenses while lowering your chance of eye infections with the tips below:

- Rub and rinse your contact lenses and store them in fresh solution every time you take them out
- Never mix fresh solution with old or used solution in the case—a practice called “topping off”—since it reduces the effectiveness of disinfection
- Rub and rinse your contact lens storage case with fresh solution—never water—every day
- Store the clean case upside down on a fresh, clean tissue with the caps off after each use in order to prevent germs from building up in the case
- Replace your contact lens case at least once every three months
- Don't sleep in your contact lenses unless prescribed by your eye doctor
- Avoid showering or swimming in contact lenses



Source: Centers for Disease Control and Prevention



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